

# THE DAILY MAGAZINE PAGE

## Garnishing of Food Gives Piquancy to the Dish and Spurs One's Appetite

Ruches and Frills of the Kitchen Have An Important Part in Food Preparation—Pleasure Adds to Digestion.

By MRS. CHRISTINE FREDERICK.

WHO said fashions in neckwear? Are dress fashions the only ones? And are there no fashions in the kitchen?

Yes, indeed, there are just as many fashions in the kitchen as there are in the drawing room. The cook books may call them by the prosaic word of garnishings, but however called, they are an important part of food preparation.

A number of dry, rigid old scientists tell us that the appetite is a purely mechanical thing, which gives us the most nourishment, but it is the amount of pleasure we have in eating which adds to our good digestion.

You might force a whole beefsteak, a half-dozen eggs, and a pound of cheese down one's throat, but if he did not want to eat this food the amount of benefit he would receive from it would be greatly lessened. In other words, we have to want to eat what is set before us. This wanting-to-eat feeling causes the gastric juice to begin to flow and when it begins to flow, our stomach is in just the right condition to digest our food properly, and get the most good from it.

Psychology of Food.

Now, what is it that makes us want to eat? Ah, there the psychology of good comes in, and we know that we

want to eat those foods that are attractive, that are gracefully arranged, that are perhaps even decorative, and that appeal to our sense of sight as well as to our sense of taste.

Much fun has sometimes been poked at the bunch of parsley, the toast-points, the strips of pimiento, the garnishings of tomato, and orange rinds with which many dishes are embellished—but embellishments there must be, attractive, pleasing on the palate, so that every appearance of misanthropy, greenness, and thickness should be avoided; but like an embellishment of dress, the embellishment must not be the prominent thing. It must only add to the piquancy of the dish, increase the attractiveness without calling direct attention to itself.

Make Attractive Dish.

Many housekeepers throw away small trimmings like celery tops, onion greens, carrot tops, and orange rinds, which, combined in the right way, would transform a mediocre dish into one of attractive charm.

Do not let us forget the many little kitchen touches. It may take a moment more time to adjust them, but it always does, but their effect is worth while, both from an esthetic point of view and from the point of view of good digestion, which, in turn, is on appetite, but on a spur to appetite. (Copyright, 1914, Mrs. Christine Frederick.)

## Sympathetic Ties Between Women Of Hostile Nations Is Peace Hope

Miss Gwendolyn Logan, Englishwoman, Declares There Is No Hate Between Those Suffering Common Woe of Conflict.

Discusses Effect of War on Drama and Theater—Normal Life Being Restored in Stress of International Strife.

By FLORENCE E. YODER.

WHILE sceptics are wondering how the Women's Peace Party is going to work its way into the tangled affairs of Europe, those who have faith are depending upon the feeling between the women of the warring countries, which they know exists, and which is stronger than any other, even hate, expressed in the reign of terror.

The faithful are depending upon sympathy and love growing daily between the women of all of the countries, a feeling born of a common woe and human compassion roused by infinite understanding.

Proof of its existence, unequivocal and sincere, is voiced time and again by French and English women refugees who have come to America and have told the story of the women of Europe.

Thus speaks Miss Gwendolyn Logan, of London, whose husband, Philip Hubbard, and relatives are doing their share for England. "The women of England have no hatred in their hearts for German women, or even for German men, for that matter," she says. "I am not anti-German. When our men are sent home mangled and wrecked or come home not at all we cannot hate those whom we know to be experiencing the same troubles."

Fights For Honor.

We had started to merely gossip about odds and ends, but once the human element was touched upon it eclipsed all other thoughts. "There is nothing holy in this war," she said, with fire. "Unholy, purely commercial, and unappealing. That is what this war is. England is fighting for her honor. Do you think that we are hoodwinked for a moment?"

"In a war of money interests in which we can have no share, and of which we are supposed to have no knowledge, would be foolish to hate the poor men who have had to do the work. How could we hate the women who are suffering just as we suffer?"

That something will grow out of the situation engendered by the war, is the certain conviction of Miss Logan. But the side lights on the



MISS GWENDOLYN LOGAN.

mental attitude of women in England were not the only interesting bits told by Miss Logan. Her primary interest is in the stage, and it was natural that all her impressions

### April Noon

Silence. Faint warmth of the awakening sun. Drowned in pale light. The meadows lay away. Ridges of brown and slopes of low gray. To where the leafless hills are dusky. Earth holds her breath, and waits while slowly run. The ordered hours in pitiless delay. Pleading the vanished snows of yesterday. Nor daring yet to deem the Summer won. As a sick woman from the house of death. But newly ransomed, overweak to care. For life renewed and love made warm again. Faintly slowly back to life with each calm breath. Finding a joy almost too keen to bear. Only in this, that there is no more pain. BRAIN HOOKER. Yale University Press.

should hinge on the effect of the war upon the drama and on theatrical people in England. She is in Washington in fact, to keep up her own art, and will make her bow here to Washington society the new play by Mrs. Christian D. Hennick, "The Unlucky Pipe."

Nothing which has come up since the beginning of the war," she said, "has shown more loyalty than the attitude of the owners of the theaters. Under the most distressing circumstances they kept open, and were ready for whatever happened. Everyone realizes that the best attitude for all is to just go along as if nothing had happened, for if all England gave up to sorrow there would be chaos. Now when the first attack was made on England by airship, London's street lights were extinguished. Everything was dark, just as if we were in the depths of the country. The theaters did not close, but the stalls were deserted, and the best players went by the board. Nowithstanding all of this the managers kept at it. The theaters played to almost no one at all. Rain started them in the face. "Then things began to pick up, and now the playhouses are being filled again. England feels that it is not only necessary for every man to do his duty, but that it is necessary for every person to make every attempt to live as he would under normal conditions."

## If You Are Always Free From Eyesight Fallacy You Are Above Error

By DR. LEONARD KEENE HIRSHBERG.

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POETS hold that it is well to trust to the heart and to what are called illusions. Science maintains, however, that the words which express feelings are merely hot-air and jetsam, like the tossing buoy which may conceal either an anchorage or a shallow channel.

Some blessed power delivers most men from the accidents to which illusions lead. The slightest of stuff conceals the substance of things, and the best is but a shadow of the worst, and the worse is no worse than imagination can make it.

Anyone who has never experienced a fallacy of eyesight is above the state of mortal error. Illusions are usually considered to be errors of vision or of the fleshly structures which control sight. Prof. Arthur T. Lee, a short time ago, proved that "proofreaders' illusion"—that is, the overlooking of a misprinted word and reading it as if it were correctly printed—is not a fallacy of vision at all.

"Proofreaders' illusion" consists, to be sure, in the want of correspondence between what appears to be really seen and what is actually on the printed page.

### Recognition of Words.

Prof. Lee says that there is no proof that you see a correctly printed word. True enough, you read it truly, but not by way of vision. It is a matter rather of articulation, muscular and imaged, in part auditory. As you read rapidly, only enough of the misprinted word is seen to catch the usually associated idea.

"Proofreaders' illusion" consists, to be sure, in the want of correspondence between what appears to be really seen and what is actually on the printed page. The parts of the word that are actually in the line of vision may receive some help entirely visual. In these in-

stances the whole illusion is one of sight. This fact and the one mentioned of my own child seem not to support the view of Dr. Lee. It is this possibility which has misled psychologists into the conviction that all errors of the printed word are visual ones.

### Grapho-Motor Illusions.

When a letter, syllable or small portion of a word is seen it brings up a quick association and arouses in the mind some type of non-visual ideas which represent immediately the correct word.

These images—ideas—may be unexpressed muscular movements of the articulators or auditory organs. That is to say, the word is either mentally pronounced or mentally heard as it should be. There are many other conceivable illusions of words, seen psychically as fragments other than visual muscular movements of the fingers in the mind, and not as acts. Grapho-motor illusion so-called is but one of these others.

It is scarcely the existence of fixed word habits which furnish the prevailing conditions for these illusions. One is driven by the momentum of past habits to take things for granted and utter the word rather than another. The written word is often different from the other, the only similarity being something in common between them, through it is only the matter of length. See the preceding word "through" for "though," and guard against reading "parent" for "present," summer versus autumn instead of summer season and others.

Dr. Hirschberg will answer questions for readers of the Times on mental, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is enclosed, and address inquiries to Dr. L. K. Hirschberg, care this office.

## ADVICE TO GRLS

By Annie Laurie

Dear Annie Laurie: I am a young man, twenty-one years of age, working for a salary of \$100 per month. I am in love with a young lady whose parents are very wealthy, and she has all the luxuries one could wish. She is very much in love with me, but I feel that my financial condition would hamper me in providing for a young lady of her standing. Please advise what I should do.

A. P. The young lady really loves you and she would be glad to marry you no matter what your financial standing. There have been many happy marriages between rich women and poor men.

Dear Annie Laurie: I have four boy friends, but one of them doesn't want me to go with any one else but him. I don't know what to do. I treat them all nicely, but I am always in some trouble. Two of the young men will come to my house at the same time, and when they meet one of them is sure to get angry. Do you think it wrong for me to go with two or three boys, or should I go with just one?

My dear Viola, the very best thing in the world is to have more than one boy friend, and to be sure that they are all

simply good friends. There is no reason why one of them should get angry when he meets another young man at your home. You all ought to be good friends together and have all the good times that you can. Under no circumstances would I give up my friends to go with just one until the time comes when you love some one so much that you will promise to marry him.

Dear Annie Laurie—I am seventeen years old, and have a step-mother. She is good to me, and does everything a mother can do for a daughter, but I cannot make myself call her mother, although I think it would please her if I did. When in company and I speak of her I call her mother, but that is all. What would you do? Would you call her mother to her face or not?

TROUBLED ONE. I think that you should call her mother, as she seems to be kind to you and does everything that a mother could do for a daughter. As you call her mother in company, if you started to call her mother in private it would not grow easy and would please her.

Miss Laurie will welcome letters of inquiry from young women readers of this paper, and will reply to them in these columns. They should be addressed to her care, this office.

## Garden Peas, Peppers, and Potatoes

Early Planting Will Give the Small Family Vegetables for Table With Little Labor.

Home Garden Series, No. 11.

(Prepared by the Department of Agriculture.)

GARDEN peas, sometimes called English peas, are not injured by light frosts, so should be planted as soon as the soil can be put in order in the spring. The first plantings should be of small-growing, quick-maturing varieties, such as Alaska, First and Best, and Gradus, which do not require supports. These varieties should be followed by the large wrinkled type of peas, such as Champion, of England, Telephone, and Prize Taker. The large-growing varieties should be supported on brush, on strings attached to stakes driven in the ground, or on wire netting. In order to have a continuous supply of peas, plantings should be made every ten days or two weeks until warm weather. Peas should be planted in late summer and autumn for the fall garden, for which the early varieties are more desirable than the late ones.

Peas should be planted about two or three inches deep in rows three to four feet apart. Some gardeners, however, follow the practice of planting in double rows six inches apart, with the ordinary space of three to four feet between these pairs of rows. This is a good practice with varieties requiring support, as the supports can be placed in the narrow space between the rows.

Peppers Grown in Hotbed. Seeds of peppers should be sown in a hotbed or in a box in the house about eight weeks before time for planting the plants in the garden. The plants are tender and should not be transplanted until the ground is warm and all danger of frost is past. Set the plants fifteen to eighteen inches apart in rows two and a half to three feet apart. The cultivation and treatment of peppers should be the same as that of tomatoes and eggplants. There is a large number of varieties of peppers, including the sweet kinds and the hot peppers.

For Early Potatoes. A small area of early white potatoes should be sown in the garden, but the main crop should be planted as soon as the ground can be prepared to good advantage. As it is difficult to keep potatoes through the summer, a fall crop should be

grown. Another method is to bed the potatoes on a little loose soil in a cool, shady place, covering the bed with litter or soil and moistening it thoroughly. As soon as the tubers sprout they are planted in the field for the late crop.

Potatoes are planted 12 to 14 inches apart in rows two and one-half to three feet apart and covered to the depth of about four inches. Potatoes planted during hot weather should be covered six inches deep unless they have been sprouted before planting. The furrows are usually opened with a hoe, or a shovel, or a fork, and the potatoes dropped, one piece in a place, in the bottom of the furrow.

Use of Cultivators. If a crust forms before the potatoes come up, a spike-tooth harrow or weeder should be run over the ground to loosen the surface of the soil. Harrow-toothed cultivators should be used for the main cultivation, but at the last cultivation the soil may be worked up around the plants to hold them erect and to protect the tubers from the sun.

After digging the early potatoes they should be kept in a cool, dry place during the hot weather of summer. Fall-grown potatoes can be kept in a dry cellar, in a pit, or in any building, where the temperature can be controlled. Irish potatoes kept in a cool temperature, but should not be allowed to reach the freezing point. It is best not to allow the temperature to fall below 36 degrees F.

For Sweet Potato Crop. The sweet potato is not usually handled as a garden crop in the South, but it is advisable to have a few plants in the garden for early summer use. On land that is not thoroughly drained, sweet-potato plants should be set on ridges which are thrown up by means of a plow. Two or four furrows are usually thrown together, and leveled off with a light drag. The ridges should be broad, as narrow sharp ridges dry out quickly.

The fertilizer recommended for general garden treatment will be found satisfactory for sweet potatoes. The roots that are too small for marketing are usually used for seed. For an early crop the roots should be bedded in a hotbed five or six weeks before it will be safe to set the plants in the field. As the

plants are easily injured by cold, they should not be transplanted in danger of frost has passed. For the general crop in the lower South, select a protected location, preferably on the south side of a building or fence, and bed the roots in the open.

One Common Method. A common method is to make an excavation six inches deep and of sufficient size to accommodate the roots to be bedded. Place in this a layer of sand or loose soil, on which to bed the sweet potatoes. Put the roots close together, but do not allow them to touch, and cover them with sand or loose soil one to two inches deep. Soil on which sweet potatoes have been grown should not be used for the seed bed. Ten bushels of sweet potatoes will furnish enough slips to plant an acre. From these slips, if set out early, may be taken enough vine cuttings to plant seven or eight acres.

Vine cuttings may be planted as late as July in the upper South and as late as August in the lower South. They will produce as large crops as slips, with less danger from diseases which affect the roots.

Dig Only On Bright Day. Sweet potatoes should be dug on a bright day when the soil is dry. The time for digging varies in different sections, but the potatoes should be dug before there is any danger of hard frosts.

When grown on a small scale, sweet potatoes may be dug with a spading fork. Great care should be taken not to bruise or injure the roots in handling.

After digging, the roots should be exposed to the sun for three hours to dry, after which they should be placed in a warm, well ventilated room. The temperature during the curing period of about ten days should be about 80 to 90 degrees Fahrenheit.

After the curing period the temperature should be lowered gradually to about 55 degrees Fahrenheit and held at that point during the remainder of the storage period. A small crop may be cured near the kitchen stove, and afterward stored in a dry room, where there is no danger of their becoming chilled. Handle sweet potatoes as little as possible.

For further information on sweet potatoes, read Farmers' Bulletin 324 and 325, entitled "Sweet Potatoes" and "Storing and Marketing Sweet Potatoes," respectively, which may be had free by writing to the Department of Agriculture.



Four Teaspoonfuls of

## Grape-Nuts

as the cereal part of the meal, helps keep one in fine fettle.

There's a Reason—in fact, a number of reasons.

Grape-Nuts is a concentrated food, hence a small portion goes a long way.

It is made of wheat and barley, and contains all the nutriment of these grains, including those invaluable mineral salts so often lacking in ordinary food, but which are indispensable for normal growth and maintenance of body and brain. One great aim in originating Grape-Nuts was to supply this lack of mineral elements, and it fulfills its purpose admirably.

Grape-Nuts is a delicious food, and digests quickly, generally in about one hour. Compare this with the 2½ to 3 hours required by bread.

Ready to eat direct from the FRESH-SEALED package, crisp, nourishing, economical—

"There's a Reason" for Grape-Nuts

—sold by Grocers everywhere.

## SEEN IN THE SHOPS

By the Shopper

DID you ever believe it would be possible to buy a coat of moire, lined with white satin for the insignificant price of \$3.97? It may be done if you are lucky enough to descend to the bargain basement of an Eleventh street department store and inspect the pretty wraps displayed there. In addition to the black moires other materials suitable for everyday wear may be had for the same price.

Gay red swings ready for four brooding passengers, will grace your yard or porch for the special price of \$4.95. These swings have been reduced from \$7, and are on sale at an Eighth street department store.

Importations of lace have decreased. Nets are particularly scarce. Valenciennes lace for summer dresses are selling well.

How about making some new curtains? The reason is just this. You cannot get the very material you need, and

it has appeared in a number of woody, colorless that would lower the temperature of the hottest room. The price is just this. You cannot get the 5 and 10 cent stores.

Collars in soft effects are quite a feature in the spring market. Few collar and cuff sets are seen. The soles of crepe de chine or messaline for wear with low collars are featured.

Information giving the names of shops which carry the articles referred to in these columns will be furnished on request. Kindly mention date of issue when possible, and address. "The Shopper."

## Try This If You Have Dandruff

There is one sure way that never fails to remove dandruff completely and that is to dissolve it. This destroys it entirely. To do this, just get about four ounces of plain, ordinary liquid arvon; apply it at night when retiring, and use enough to moisten the scalp and rub it in gently with the finger tips. By morning most if not all of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have. You will find, too, that all itching and digging of the scalp will stop instantly, and your hair will be softer, lustrier, glossy silky, and soft, and look and feel a hundred times better.

You can get liquid arvon at any drug store. It is just this. You cannot get fat, not matter how much you eat, unless your digestive organs assimilate the fat-making elements of your food instead of passing them out through the body as waste.

What is needed is a means of gently urging the assimilation of the food into the stomach and intestines to absorb the oils and fats and hand them over to the blood, where they may reach the starved, shrunken, run-down tissues and build them up. The thin person's body is like a dry sponge—eager and hungry for the fatty materials of which it is being deprived by the failure of the alimentary canal to take them from the food. The best way to overcome this is to use Sargol, the recently discovered re-generative force that is recommended highly by physicians here and abroad. Take a little Sargol tablet with every meal and notice how quickly your cheeks fill out, how firm, healthy, and fleshy are deposited over your bony covering each bony angle and projecting point. James O'Donnell Drug Stores and other good drug stores have Sargol, and can get it from their wholesaler, and will refund your money if you are not satisfied with the gain in weight it produces as stated on the guarantee of each package. It is inexpensive, easy to take and highly efficient.

Caution.—While Sargol has produced remarkable results in overcoming one's dyspepsia and general stomach troubles, it should not be taken unless you are willing to gain ten pounds or more, for it is a wonderful flesh-builder.

—Adv.

A Message to Thin, Weak, Scrawny Folks

An Easy Way to Gain 10 to 30 Pounds of Solid, Healthy, Permanent Flesh

Thin, nervous, undeveloped men and women everywhere are heard to say, "I can't understand why I do not get fat. I eat plenty of food, nourishing food. The reason is just this. You cannot get fat, not matter how much you eat, unless your digestive organs assimilate the fat-making elements of your food instead of passing them out through the body as waste."

What is needed is a means of gently urging the assimilation of the food into the stomach and intestines to absorb the oils and fats and hand them over to the blood, where they may reach the starved, shrunken, run-down tissues and build them up. The thin person's body is like a dry sponge—eager and hungry for the fatty materials of which it is being deprived by the failure of the alimentary canal to take them from the food. The best way to overcome this is to use Sargol, the recently discovered re-generative force that is recommended highly by physicians here and abroad. Take a little Sargol tablet with every meal and notice how quickly your cheeks fill out, how firm, healthy, and fleshy are deposited over your bony covering each bony angle and projecting point. James O'Donnell Drug Stores and other good drug stores have Sargol, and can get it from their wholesaler, and will refund your money if you are not satisfied with the gain in weight it produces as stated on the guarantee of each package. It is inexpensive, easy to take and highly efficient.

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—Adv.

LIGHT BISCUITS, CREAM BLEND, FLOUR

At your grocer's. No consumer supplied. B. B. EARNshaw & BRO. Wholesale Grocers, 11th and M sts. S. E.